

CO-OCCURRING DISORDERS

Intensive Outpatient Program (IOP) for Adults

Dr. Polley manages the Dual Diagnosis intensive outpatient program (IOP). She and her team use an evidence based treatment approach and psychopharmacology to treat individuals with both mental health and substance use concerns.

PROGRAM DETAILS

- Four (4) days per week, three (3) hours per day.
- Participants will receive case management support, therapeutic support with a Licensed Drug and Alcohol Counselor, and Medication Assisted Treatment. (Examples include; Suboxone, Naltrexone, and Narcan.)
- Evidence-based practices such as DBT and CBT skills are applied.
- This program is managed by Dr. Polley, MD Psychiatrist, who is trained in addiction medicine.
- For program information and referrals call 952-826-8475.

PrairieCare Woodbury
659 Bielenberg Drive, Woodbury, MN 55125

PrairieCare has been providing specialized psychiatric services for all ages in the Twin Cities since 2005 built on our mission to provide each individual patient the psychiatric care they truly need. We offer additional youth and adult IOP programs, outpatient clinic, partial hospital program (PHP), residential, and inpatient services to the Twin Cities metro area and Rochester, and Mankato.